

A CRITICAL REVIEW ON MADHUMEHA (DIABETES MELLITUS) WITH ITS PATHOGENESIS AND MANAGEMENT STRATEGIES IN AYURVEDA

Dr. Piyush M. Purohit*¹, Dr. Pankaj Sharma²

¹Ph.D. Scholar (Prasuti-Streerog), Lt. SRC Ayurved College, Chikhali, Dist. Buldana, Maharashtra, India.

²Ph.D. Guide (Kaychikitsa), Govt. Ayurved College and Hospital, Patiala, Punjab, India.



*Corresponding Author: Dr. Piyush M. Purohit

Ph.D. Scholar (Prasuti-Streerog), Lt. SRC Ayurved College, Chikhali, Dist. Buldana, Maharashtra, India.

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ABSTRACT

Ayurveda refers to both *Prameha* and *Madhumeha* as a disorder of the *Mutravaha Srotasa* with *Kapha* predominant pathology. *Madhumeha* is classified as one of the two types of *Vataja Prameha*. Symptoms include excreting abundant amounts of sweet, pale and turbid urine, along with systemic signs of chronic hyper-glycaemia. In *Mahumeha* there is an alteration of the mainly *Kapha doshas*, which causes a change in the *Medas Dhatus* while the *Ojas* becomes *Dushya* and is expelled through the *Mutravaha srotas*. The controlling & preventing approaches includes adherence to *Dinacharya*, *Ritucharya*, *Aharavidhi*, lifestyle modification and uses of appropriate herbal formulations. Other viable formulation options for regulating blood sugar include the classical Ayurvedic drugs of *Chandraprabha*, *Asana*, *Khadir*, *Vacha*, *Guduchi* and *Jambu*. There is an equivalent disease in modern medicine known as diabetes mellitus (Type II diabetes mellitus) which is characterized by elevated blood sugar levels, polyuria, weight loss and fatigue.

KEYWORDS: *Ayurveda*, *Prameha*, *Madhumeha*, *Diabetes Mellitus*, *Metabolic Disease*.

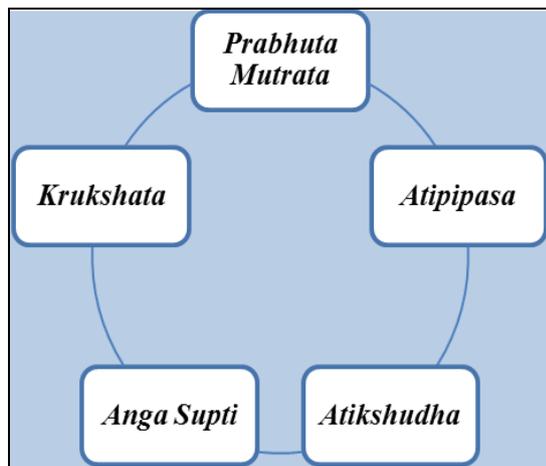
INTRODUCTION

The metabolic disorder Type 2 Diabetes Mellitus can be correlated to *Madhumeha* as per the classical text of Ayurveda based on the similarity in sign and symptoms. It is caused by the imbalance of the *Kapha* and *Vata Dosha*, along with the involvement of the *Medo Dhatu* and *Mamsa Dhatu*. Poor eating habits, no physical activity, eating too much heavy and sweet foods cause *Agni* to become impaired, leading to the formation of *Ama*. This creates an imbalance of the *Dhatvagnimandya*, results in excess *Meda* and *Kleda*, creates *Srotorodha* in the body. The aggravated *Vata* and especially *Apana Vata* will cause urinary disturbances leading to the formation of excess sweet urine, which is one of the classic symptoms of *Madhumeha*. Treatment requires restoring balance among the three *Dosha* along with restoring metabolism and implementing discipline in lifestyle. Ayurveda described various forms of *Madhumeha* and their subtypes as depicted in **Table 1**. Major symptoms of disease are mentioned in **Figure 1**.^[1-4]

In Ayurveda, *Madhumeha* is part of a larger group of diseases under *Prameha*, methods of treating *Madhumeha*, include herbal combinations, balanced diet and making changes in lifestyle to restore metabolic balance. Research suggests that Ayurvedic medicine may help to reduce blood sugar levels in individuals with diabetes. The diet recommended for this condition includes foods that have low glycemic index and modified nutrition based on an individual's constitution. Regular exercise, *Yoga* and meditation together with obtaining adequate sleep and reducing stress also help to maintain a healthy body weight and improve metabolic function.^[5-7]

Table 1: Various types of Madhumeha.

S. No.	Classification Type	Sub-Types
1	Etiological	a) Sahaja / Kulaja b) Apathyanimittaja
2	Doshika	Kaphaja Pittaja Vataja
3	Constitutional	Sthula / Balavana Krisha / Daurbalya
4	Prognostic	Sadhya Yapya Asadhya

**Figure 1: Various symptoms of Madhumeha.****Samprapti and Nidana**

Madhumeha occurs due to an overabundance of *Kapha* and *Vata doshas* along with an inability to perform properly due to a decrease in *Agni*. This disturbance leads to the objective manifestation of the disease through the disturbance of the *Dhatus*, particularly; *Meda*, *Mamsa*, *Rasa* and *Rakta*. The abnormality begins with *Mithya Ahara* and *Mithya Vihara* of excessive consumption of sweet, heavy, oily and processed foods combined with sedentary lifestyle habits like day sleeping, and creates *Agnimandya* followed by the creation of *Ama*.^[4-6]

When *Kapha* aggravation has occurred, excessive amounts of *Meda* are formed and can produce *Srotorodha* of the body channels, particularly in the *Medovaha Srotas* and *Mutravaha Srotas*. As the disease continues to progress, as accumulated *Kapha* causes a decrease in *Ojas*, the *Vata* will also become aggravated thus producing the characteristic clinical manifestations of excess urine, increased thirst and fatigue, etc. Foods such as fresh milk, jaggery, buttermilk, sugar cane products, fatty meats, sweet foods, sour foods and alcoholic beverages aggravate *Kapha* thus lead to the formation of *Ama* and increases pathogenesis of metabolic disease like diabetes.^[5-7]

Management

Nidana Parivarjana or the removal of causative causes is emphasized as the first step in breaking the *Samprapti* chain in Ayurvedic management. Therapies like herbal formulations, *Panchakarma* and *Rasayana* become more effective after the etiological causes are eliminated. These herbs work on multiple levels of pathogenesis to restore metabolic balance and correct *Dosha* imbalances. *Gudmar*, consisting of *Tikta-Kashaya Rasa*, *Laghu-Ruksha Guna*, *Ushna Virya* and *Katu Vipaka* thus acts as *Pramehaghna* that supports pancreatic β -cell function and helps in glycemic management. *Karela*, with comparable qualities, boosts *Agni* and improves insulin sensitivity. *Neem*, with its *Tikta-Kashaya Rasa* and *Sheeta Virya*, acts as a *Raktashodhaka* and *Pramehahara*, cleansing the blood and regulating glucose levels. *Jamun*, which contains *Kashaya Rasa* and *Sheeta Virya*, helps to reduce blood sugar and promotes urinary health. *Giloy* is an important *Rasayana* drug and acts as *Agnivardhak* and has immunomodulatory and anti-inflammation properties due to its unique combination of *Tikta-Kashaya Rasa*, *Laghu-Snigdha Guna*, *Ushna Virya* and *Madhura Vipaka*. *Amla* has a *Tridosha-shamaka* effect and improves *Ojas*, thereby improving the quality of *Rasa* and *Rakta Dhatus*.^[6-8]

Pathya-Apathya

Foods such as *Yava* as a whole grain or in prepared forms, *Purana Shali*, legumes, beans, *Mudga*, *Chanaka*, *Kulaththa*, *Adhaki*, *Tikta Shaka*, mustard greens, fenugreek, drumsticks and garlic, etc. are considered helpful for digestion, and for reducing excess fat and sugar from the body. Fruit that is astringent in nature such as; *Jambu*, *Amalaki*, *Kapitta*, *Tala Phala*, *Kharjura*, *Kamala* and *Utpala*, etc. are acceptable for diabetes management. Foods such as jaggery, buttermilk, fresh milk, sugar cane products, sweet foods, fatty meats and sour foods may aggravate *Kapha* thus need to be avoided.^[8-10]

CONCLUSION

Madhumeha can be successfully controlled by the conservative methods of dietary control, regular exercise, medical treatment and healthy lifestyle choices. In order to effectively manage a patient suffering from *Madhumeha*, the physician must have an extensive knowledge about the disorder and all of its aspects, including; *Nidana*, *Poorvarooopa*, *Roopa*, *Samprapti*, *Chikitsa Yoga*, *Sadhya-Asadhyata* and *Arishtha Lakshanas*. *Nidana Parivarjana* is the first stage in breaking the *Samprapti*. *Panchakarma*, *Rasayana* therapy and the use of suitable herbal medications promote *Ojas*, restore *Dosha* balance and enhance *Agni*. Herbs that control glucose metabolism and improve systemic functioning include *Gudmar*, *Karela*, *Neem*, *Jamun*, *Giloy*, and *Amalaki*.

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